

PARANORMAL UNDERGROUND®

Volume 17, Issue 2

February 2024

Steve Mera

Goes Beyond the Veil

REALITY UNRAVELED
The Mandela Effect

MOST HAUNTED PLACES
IN NORTH CAROLINA

Twilight Whispers &
Cosmic Visitors

Raymond Fowler's
'Meta Phenomenon'

Iceland's
Enigmatic Cryptids

ALSO INSIDE:

THE PENNY-THROWING GHOST OF ELK GROVE

QUANTUM THREADS: WEAVING THE FABRIC OF CONSCIOUSNESS

HOW TO WORK WITH GEMSTONE SPHERES

MAGIC UNVEILED: 3 ENTHRALLING BOOKS YOU CAN'T PUT DOWN



Haunted 1861 Masonic Lodge

Overnight Paranormal Investigations

Keithsburg, Illinois

haunted1861masonic.com

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Her passion for one haunted location afforded her the opportunity to appear and consult in Chris Halton's documentary *A Haunting at Bachelors Grove*, one of the most haunted cemeteries in the Midwest.

She is an experiencer and a member of MU-FON and CE-5. She served as a consultant for Thomas Conwell's books *They Are Here: Central U.S. UFOs* and *Earthquakes and UFOs*. Cheryl is an international author of eight books, including *Edge of Darkness*, *Chosen*, and *Dimensions: Mysterious Triangles of the U.S.*, and she is the co-author of *Digging Into Skinwalker Ranch* and *The Basin Files: Skinwalker Ranch*.

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SEAN CASTEEL

Sean is a freelance journalist who has been writing about UFOs, alien abduction, and many other paranormal subjects since 1989. His writing has appeared in *UFO Magazine*, the late Tim Beckley's *UFO Universe*, *FATE Magazine*, *Mysteries Magazine*, and *Open Minds Magazine*, among others.

Sean has written or contributed to more than 30 books for Global Communications and Inner Light Publications. His books include *The Heretic's UFO Guidebook*, which analyzes a selection of Gnostic Christian writings and their relationship to the UFO phenomenon, and *Signs and Symbols of the Second Coming*, in which he interviews several religious and paranormal experts about how prophecies of the Second Coming of Christ may be fulfilled.

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Willie has appeared on A&E's *Cursed: The Bell Witch* and CMT's *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.

CHERYL KNIGHT-WILSON

Cheryl is co-creator and editor-in-chief of *Paranormal Underground* magazine, cohost of the *Mindful Mystics* podcast, and former producer of *Paranormal Underground Radio* and the *Intention Is Everything* podcast.

She has more than 30 years of experience as a professional writer and editor and has written articles on topics ranging from advanced technology and enterprise computing to travel guides and paranormal phenomena. Cheryl's magazine experience includes roles as senior and managing editor for several niche publications and online media.

paranormalunderground.net



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Lisa has received awards for her artwork. She was nominated for Artist of the Year in 2002 by the Columbia County Council on the Arts, and featured twice on WMHT's A House for the Arts. She lives in upstate New York.

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Kelsey received her bachelor's degree in television and film production from SDSU in 2016, as well as her MFA in musical theatre writing from NYU in



2018. When she's not writing for Open Road Integrated Media, she uses most of her free time for napping, writing her own novels, and snuggling with her dog. She's a co-host of the movie review podcast *The Movie Broads*.

themoviebroads.com

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Athena is the founder and CEO of Sage-Goddess.com, a source of sacred tools and metaphysical education. She earned a doctorate from the University of Southern California in educational leadership and has 15 years of experience as a professor, corporate trainer and consultant, and educator.



Athena's metaphysical experience includes expertise in gemology, astrology, tarot, aromatherapy, Reiki, and herbal medicine.

Through her writing, online courses, and material offerings, Athena helps others cultivate and maintain sacred space in their lives for peace, healing, and abundance.

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RAINBOW RADAELLI

Rainbow is a paranormal, abductee, and cryptid researcher along with her husband, Michael. She is an experienter herself, dealing with paranormal phenomenon since childhood.



The silk road of life has led Rainbow in many directions: cowgirl, medicine woman, gypsy, belly dancer, and truth seeker. All directions have paralleled each other, finally coming together in Rainbow's articles, research, and blogs.

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PAUL DALE ROBERTS

Known as an esoteric detective, Paul has been reading and studying the unknown since he was a young boy. He has been to over 59 countries to document the paranormal.



He worked for military intelligence from 1979 to 1986 and saw several top-secret UFO photographs, making him very interested in extra-terrestrials.

Paul is a journalist for the *Costa Rican Times*, and his articles cover metaphysical topics and paranormal investigative stories. He is co-owner of Halo Paranormal Investigations.

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T STOKES

TStokes is a holistic palmist and the author of the book *50 Case Studies in Modern Palmistry*. He trained with mediums Doris Collins and Doris Stokes and psychiatrists Henri Rey and Joyce McDougall. He was the first U.K. lecturer on paraspiritual studies, metaphysics, and eschatology. He is now retired and is an occasional consultant.



tstokes.co.uk

CHAD WILSON

Afreelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of ParanormalUnderground.net.



Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, Brushy Mountain State Penitentiary, and private residences among his investigations.

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Have You Had a Paranormal Encounter You'd Like to Share?

If you've had a paranormal encounter and would like to share it with our readers, email us at paranormalunderground@live.com. Tell us about your experience, and we may publish it in a future issue.



We are looking for encounters with all types of paranormal phenomena, including experiences with ghosts, cryptids, UFOs/ETs, the spirit realm, psychic phenomena, etc.

Your submission can be anonymous!

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FEATURED EVENT: OREGON GHOST CONFERENCE MARCH 22-24

This year's Oregon Ghost Conference is set for March 22-24, at the Seaside Civic & Convention Center in Seaside, OR. The conference stands as the premier paranormal gathering in the Northwest, drawing enthusiasts from not only the West Coast, but far and wide.

The event boasts an action-packed weekend brimming with informative talks, educational classes,



intriguing tours, and live investigations, offering an unparalleled experience.

This event provides a unique opportunity for attendees to engage with and gain insights from leading paranormal authorities in the region. It's an event you surely wouldn't want to miss!

For more event information, visit: oregonghostconference.com.

March 2

Frogman Festival
Loveland, Ohio
frogmanfestival.org

March 15-17

Days of the Dead
Las Vegas, NV
daysofthedeath.com

March 21-24

Squatchcon
Port Angeles, WA
squatchconpa.com

March 22-24

Oregon Ghost Conference
Seaside, OR
oregonghostconference.com

March 22-24

HorrorHound Weekend
Cincinnati, OH
horrorhoundweekend.com

March 23-24

Women of the Paranormal Celebration
Harriman, TN
eclipseparanormal.com

April 12-14

Ozark Mountain UFO Conference
Eureka Springs, AR
ozarkufoconference.com

April 12-14

Fear Expo
Owensboro, KY
fearexpolive.com

April 13

Trivette Clinic ParaFest
Hamptonville, NC
greatstateparanormal.com/trivette-clinic-para-fest

April 19-20

Bigfoot Days
Estes Park, CO
estesparkeventscomplex.com/big-foot-days.html

April 28

Austin Witchfest
Austin, TX
austinwitchfest.org

May 3-5

Crypticon Seattle
Seattle, WA
crypticonseattle.com

May 17-19

ParaPsyCon
Mansfield, OH
parapsycon.com

E-mail your paranormal event to paranormalunderground@live.com.



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of
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We are Paranormal Investigators. We Hunt Ghosts. We also offer a Paranormal Investigating Class for beginners. We are here to help. If you feel your home or business may be Haunted please contact us.



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EERIE GHOST AND CRYPTID SIGHTINGS & NEW UFO MANDATES

RUNNER HAS EERIE ENCOUNTER WITH HAWAIIAN GHOST WARRIOR

A creepy story has come to light, according to the *New York Post*, that took place back in January 2019. During a grueling 100-mile race in Oahu, Hawaii, runner Kay Borleis experienced a chilling encounter that she didn't even realize until after the race.

A photo of Borleis during her run captured a shadowy figure in a cloak passing by Borleis, an entity they hadn't seen at the time. Borleis later learned about the local legend of the Nightmarchers, ghosts of ancient Hawaiian warriors, after researching the mysterious figure.

Reflecting on the incident, Borleis felt fortunate not to have noticed the "nightmarcher" during the race, saying, "To this day, we still don't know what it was."



MYSTERIOUS BLUE-GREEN LIGHT SPOTTED OVER SCOTLAND

In Scotland, a father and son duo were startled by a "bluey-green color" light speeding across the sky, captured by the dad's dashcam near Kilmarnock, according to the *Mirror*. Stuart Armour, 52, and his son witnessed the enigmatic light descending rapidly while driving home. The event left them puzzled, prompting a review of the dashcam footage, which indeed showed the mysterious object.

Armour recounted the moment of discovery, expressing his initial skepticism about capturing the phenomenon on camera. The light, described as being several stories high and moving at a considerable speed,



defied easy explanation. Despite various theories, including a meteor, space debris, or even a low-flying bird, Stuart remained baffled, emphasizing the light's distinct color and movement: "It was something about five or six stories high, and it was a bluey-green color. It was a bit of a weird one."

The incident, which took place in February 2022, led to speculation but no definitive answers. Armour and his son explored several possibilities, from meteors to Chinese lanterns, yet none matched the observed characteristics.

CAMPER FINDS POSSIBLE BIGFOOT EVIDENCE IN OLD FOREST PHOTO

A Washington camper discovered potential Bigfoot photos years after a camping trip, according to *Paranormality magazine*. In 2015, JJ Enrique Timblin was camping in Washington's Hoh Rainforest, when he experienced an unusual encounter. He heard peculiar noises and detected a strange odor, prompting him to photograph the surrounding forest.



Years later, upon reviewing these photos, Timblin spotted a dark, mysterious figure next to a tree, which he suspects might be Bigfoot. Timblin shared his findings in a Bigfoot enthusiast Facebook group, sparking a debate among its members.

One of the photos he posted appeared to show a shadowy figure resembling a Sasquatch hiding behind a tree. This discovery has intrigued some members who believe it adds credibility to the possibility of a Bigfoot lurking in the area, known for its folklore.

However, the discovery has its skeptics, with some proposing that the figure is merely a black bear rather than the legendary creature. Despite this, Timblin remains unconvinced by the bear theory, primarily due to the odd smells he encountered during his trip, suggesting something more unusual was at play.

GHOSTLY PRESENCE CAUGHT ON FILM IN ABANDONED MANSION

An explorer encountered a chilling sight at Roche Old Court, the dilapidated residence of Horace Trevor-Cox, a former MP from the World War II era, according to the *Mirror*. The mansion, nestled near Salisbury in Wiltshire, U.K., stands as a decaying monument to its last inhabitant who passed away in 2005.

Explorer Jayde McKenner was drawn to the mansion's forlorn appearance and ventured inside, discovering a space frozen in time with vintage furnishings, personal letters, and remnants of a bygone era, enveloped in an unmistakable aura of neglect and history.

The atmosphere within the mansion was eerie, with McKenner feeling an unsettling sense of being watched amid the cobwebs and relics of the past. It was only after leaving the premises and reviewing her photographs that McKenner's unease took a concrete form. Captured in one of her images was a spectral figure, child-like, peering toward the lens from a distant corridor, an unexpected presence in a house believed to be empty.

Reflecting on the experience, McKenner expressed her shock and conviction that the apparition was indeed a ghost, stating, "I froze when I saw it, thinking 'could a ghost really have been watching me?' I can see a head and a night dress."



Source: Jayde McKenner/PenNews

U.S. CONGRESS MANDATES DISCLOSURE OF UFO INFORMATION


In response to growing curiosity and demand for transparency regarding Unidentified Anomalous Phenomena (UAP), the U.S. Congress has mandated that federal agencies disclose what they know about UFOs, according to Adam Mazmanian, executive editor of *Nextgov/FCW*.

This directive is part of the 2024 defense policy bill, which introduces new records management provisions for the organization and tagging of UAP-related records. Agencies are given a deadline until the end of the current fiscal year to prepare these records for public disclosure and for submission to the National Archives, aiming to centralize UAP information and facilitate greater public access. Despite the enthusiasm for increased transparency, the law was enacted without a key proposal that would have established a presidential commission with declassification authority over UAP records.

The National Archives and Records Administration (NARA) is now tasked with creating a centralized collection of UAP records. This involves providing federal agencies with the necessary instructions for identifying, organizing, and tagging relevant records. The effort seeks to demystify the procedures involved in managing UAP data, including addressing metadata requirements and outlining the parameters for what can be publicly disclosed.

As agencies work to comply with these new requirements, NARA plays a crucial role in paving the way for unprecedented public access to government-held information on UAPs. ♦





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3 Books You Can't Put Down

By Lisa LaMonica

From the intricate workings of modern witchcraft to the enigmatic wisdom of sacred corvids, and the compelling fusion of meteorological science with magical practice, the three Llewellyn books reviewed below offer a deep dive into realms both mystical and mundane.

These works not only enrich the practitioner's bookshelf, but also expand the horizons of those curious about the intersections of nature, magic, and belief. Join us as we delve into these spellbinding pages, where magic and knowledge dance together in the light of understanding and discovery.

'The Eclectic Witch's Book of Shadows Companion' (by Deborah Blake)

Author Deborah Blake is an author of over a dozen books on modern witchcraft. Her latest book, *The Eclectic Witch's Book of Shadows Companion: A Workbook for Your Witchy Wisdom* (March 2024), is a workbook great for solitary or group work.

Blake's book includes many beautiful illustrations by artist Mickie Mueller, ready for coloring and painting. Since 2007, Mueller has illustrated many oracle and tarot decks, as well as authored many of her own books. The personalization of the art, by one or many, makes it unique, adding extra value to a book that offers witch activities and Pagan prompts.

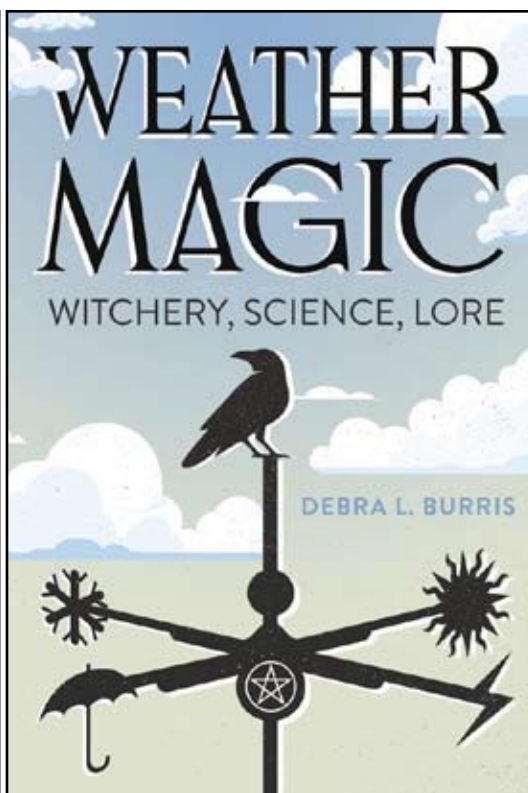
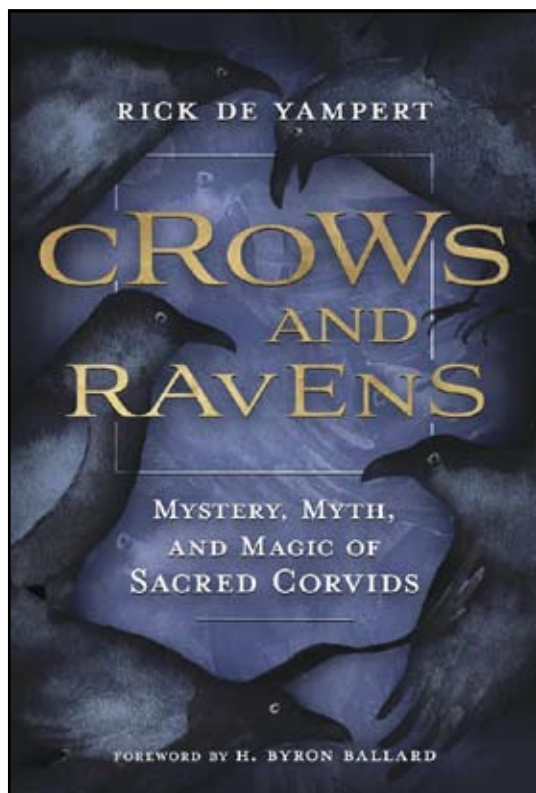
It's easy to use and compiles the topics of herbs, stones, runes, candles, spells, recipes and crafts, guidance on creating an altar and portraying the Wheel of the Year to color, paint, and list goals for each season. Worksheets are plentiful to track your progress.

Information on how to use oracle cards, which take less time to master than tarot, is here, along with a chart to track a month's patterns and themes. There's also a place to record dream journaling, and it encourages creating art from it.

This is a great book to keep long term and very conducive to using with a community, guiding you to "your best possible life."



***The Eclectic Witch's Book of Shadows Companion* by Deborah Blake enriches your magical journey with activities, spells, and insights, designed as a hands-on extension of *The Eclectic Witch's Book of Shadows*. It features illustrations by Mickie Mueller, along with coloring pages and spaces for personal reflections on your magic practices. This guide covers everything from herbs and stones to candles and deities. It's an essential resource for anyone looking to deepen their practice and craft unique spells.**



Crows and Ravens: Mystery, Myth, and Magic of Sacred Corvids explores the mystical significance of these intelligent birds within various cultures and spiritual practices, offering insights on integrating their symbolism into rituals and divination.

Weather Magic: Witchery, Science, Lore blends scientific understanding with magical intuition, guiding readers through spells and practices that harness the elemental power of weather. Both books provide unique perspectives on interacting with the natural world, revealing the magic inherent in the everyday and encouraging a deeper connection with the environment.

'Crows and Ravens: Mystery, Myth, and Magic of Sacred Corvids' (by Rick de Yampert)

Author Rick de Yampert has presented programs for Pagan festivals and has been a journalist for more than 20 years. In his book *Crows and Ravens: Mystery, Myth, and Magic of Sacred Corvids* (March 2024), he combines history, folklore, mythology, and science in a detailed guide about these “magical creatures” and their place as messengers and sacred status in many cultures.

The book also discusses how you can incorporate these creatures into your belief system and practices. The reader learns about divination and creating talismans. The author’s love and knowledge of these creatures leaps from the pages and also into the book’s artwork, which can be viewed in glorious color on de Yampert’s website, mistercrowart.com.

He also gives facts about how these birds can distinguish between faces among humans and remember who has helped or harmed them. Observed for thousands of years, in modern times these birds help to clean up the wild and urban environments by eating discarded “people food” and expired animals.

Considered spooky and supernatural, you are sure to never see these birds the same way again after enjoying this book.

Rick de Yampert's new book uncovers the spiritual essence of crows and ravens.

'Weather Magic: Witchery, Science, Lore' (by Debra Burris)

In addition to having a Ph.D. in physics, teaching meteorology, astronomy, and physical sciences at the University of Arkansas, Debra Burris is also an author, a witch, a farmer, and Master Naturalist. She is an elder in the Georgian Tradition of Witchcraft.

In her book *Weather Magic: Witchery, Science, Lore* (April 2024), she explains why rain and wind do what they do and teaches weather magic, which includes protection methods. Explaining the different types of rain, clouds, storms, snow, snowflakes, ice, lightning, and St. Elmos Fire (Witch’s Fire), this book contains almost 50 spells and crafts. One exercise teaches us to count the number of cricket chirps in 14 seconds and then add 40 to get the temperature in Fahrenheit.

From seeing shapes in clouds to dealing with intense storms, this book comes highly recommended as a guide to safely navigating weather and weather magic. The author beautifully achieves her goal of inspiring and educating the reader on the physics of weather and harvesting its energy.

The book is illustrated with weather folklore, and its origins explained, and also includes a glossary of terms. ♦

BEYOND THE VEIL WITH STEVE MERA: INSIGHTS AND INVESTIGATIONS

By Cheryl Knight-Wilson

From a young age, Steve Mera was captivated by the mysteries of UFOs and the paranormal, sparking a lifelong journey of exploration and discovery. He has spent more than 40 years actively investigating, researching, and analyzing Earth mysteries, parapsychological studies, paranormal events, cryptids, ancient sites, and UFOs.

His career has been as varied as it has been illustrious, from serving as a contracted telecommunications officer for NATO to taking the helm of the Manchester's Aerial Phenomena Investigation Team (MAPIT) in 1996. Steve's affiliation with the British UFO Research Association (BUFORA) and his role in developing the British Investigators Training Course in Anomalous Phenomena (BITC) further cemented his status as a leading figure in the paranormal investigation field.

Through the decades, Steve's expertise has not only been sought after by those looking to understand the mysteries of the universe, but also by the next generation of investigators, through his roles as a tutor and lecturer. His contributions to education, combined with his direct involvement in the formation of various research organizations, showcase a dedication to expanding our understanding of the paranormal.

As an author, journalist, and editor, Steve's written works for the monthly publication *Phenomena Magazine* offer insight and investigation into the world's most puzzling occurrences, reaching audiences far beyond the U.K.'s borders. His tireless efforts to bridge the gap between paranormal phenomena and scientific inquiry have led to the establishment of the Scientific Establishment of Parapsychology (SEP) and Project Doorway (along with the principle investigator Barry Fitzgerald, who was a lead investigator with *Ghosthunters International*), furthering collaborative research and investigation.

We recently talked with Steve to delve deeper into his paranormal projects, his perspectives on the evolving landscape of paranormal research, and what lies ahead for the field.

* * * * *



Steve Mera has spent more than four decades researching mysteries that perplex humanity.

Q: How did you first become interested in paranormal phenomena?

Steve: I became interested in the subject of UFOs and the paranormal around the age of 14. I read my father's books on the subjects. He had a small collection that I found fascinating.

I began investigating because I wanted to know why people have such encounters. My first investigation was in 1983 in regard to a family who had sighted a strange craft in the sky over Liverpool, U.K.

Q: How did your early interest in UFOs and the paranormal develop and influence your career path?



Steve has emerged as a distinguished voice in the field of paranormal and UFO research. His work encompasses a vast array of investigations, from cryptids and ancient sites to UFOs and paranormal events. (Photo by Don Philips)

Steve: It massively influenced my career. The subject of the paranormal and UFOs led me to writing for TV shows, being in front of the camera, hosting, presenting, and taking part in over 200 varied shows internationally. I have also authored several books, constructed educational courses on the subjects, created *Phenomena Magazine*, lectured internationally, and conducted investigation and research.

I regularly write for many magazines around the world, providing details of investigation and research. Our own publication, *Phenomena Magazine*, is monthly and free. It is distributed in 12 countries and presented in four languages, and it has been running for around 16 years. It allows us to obtain information and liaise and network with other researchers.

Q: Which of your UFO cases/investigations have been the most compelling to date and why?

Steve: That would be the studies into the UFO phenomena through Project Doorway, an advanced study into UAP capabilities. Whilst conducting research at a specific geological location in the desert mountains of Palm Springs, California, in the U.S., our team had a close

encounter experience. This object communicated with our team via light pulses, and it was very large.

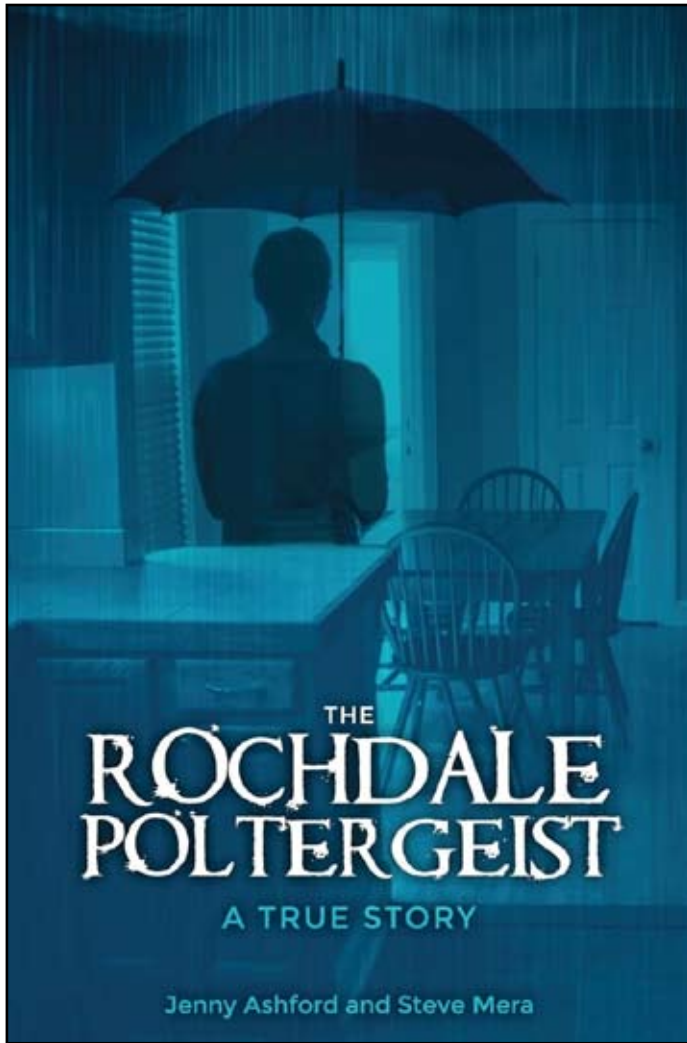
However, the team — which was all transfixed on this object that had incredibly powerful, various-colored lights — became aware of activity behind us. When we turned and looked, we saw a number of small things on the ground behind us at distance. We stared into the darkness and saw movement.

At that point, we felt fear come across us all. Acting upon that, we fled the location at haste. We had clearly overstayed our welcome. I have a number of videos out on my [“Steve Mera Official” YouTube channel](#) in regard to our work within Project Doorway.

Q: Could you tell us about the most surprising paranormal investigation you’ve conducted?

Steve: The most surprising was an investigation of a poltergeist infestation in a location called Rochdale. This investigation was on behalf of Rochdale city council as our clients.

I experienced firsthand water manifestations moving across the ceiling and raining in the kitchen. This was not any form of pipes leaking or water getting into the



The book *The Rochdale Poltergeist: A True Story* delves into the chilling investigation of unexplainable phenomena that tested paranormal expert Steve Mera's skepticism.

property. The water was analyzed and found to be very unusual. I was also punched in the back whilst I was there. This was the incident that almost caused me to stop doing this type of work.

The family was eventually relocated; however, the phenomena followed them for a short while before disappearing. I compiled a book on this incident, titled *The Rochdale Poltergeist*.

Q: What evidence have you found that ghosts, UFOs, and other unexplainable phenomena can't be explained by current science?

Steve: UFO manifestation locations, which are usually out in remote locations of the world, leave gravitational wells behind, which seem to be the by-product of their dematerialization process. This is measurable via specialized equipment and time displacement meters showing evidence of latency.

The research we have also carried out on paranormal apports was fascinating, as an apported object under microscopy analysis showed that the object had gone under vast diathermic alterations, the very same diathermic alterations found in the plant biological traumatology tests carried out of damaged plants from a UFO that materialized close to the ground leaving damaged and stunted plants. This seemingly shows that the sudden materialization of a UFO and an apport may be utilizing the very same physics.

Q: What other evidence have you collected that has proven life after death and that some UFOs are piloted by ETs?

Steve: The evidence of life after death is not readily accepted as good evidence due to the huge, deceptive nature of communications via electronic means, Direct Voice Phenomenon (DVP), and visual stimulus encounters. Such establishments are aware of intelligent communications from sources that demonstrate they can obtain all data from the sitters during experiments.

At this stage, though there have been some intriguing incidents, we cannot confirm 100% that there is strong, credible evidence of the afterlife until further advanced studies take place. There is also little evidence (only encountered reports) of Non-Human Intelligent (NHI) beings occupying UFOs. I believe some objects may even be intelligent and part of the phenomena itself rather than a craft to transport the phenomena, as well as Unmanned Aerial Vehicles (UAVs).

Again, this phenomena can also be deceptive due to altered perception, programmed memory, and deceptive induced hallucinations by the phenomena.

Q: You helped to investigate the haunting of the infamous Bothell house in Seattle. Tell us about the process and your ultimate conclusions.

Steve: I visited Seattle in Washington on two occasions to investigate and research phenomena that was present in a residential home in Bothell. The conclusions met was that there were most certainly phenomena present — haunting/poltergeist-type activity.

The owner eventually relocated due to the disturbances, and the prior owner also experienced the disturbances. There is a [full documentary available](#) to watch for free on YouTube, called *Demons in Seattle Uncovered* on The Supernatural Files YT channel.

Q: Tell us about your involvement with the launch of paranormal organizations, including MARA and MAPIT?

—————>



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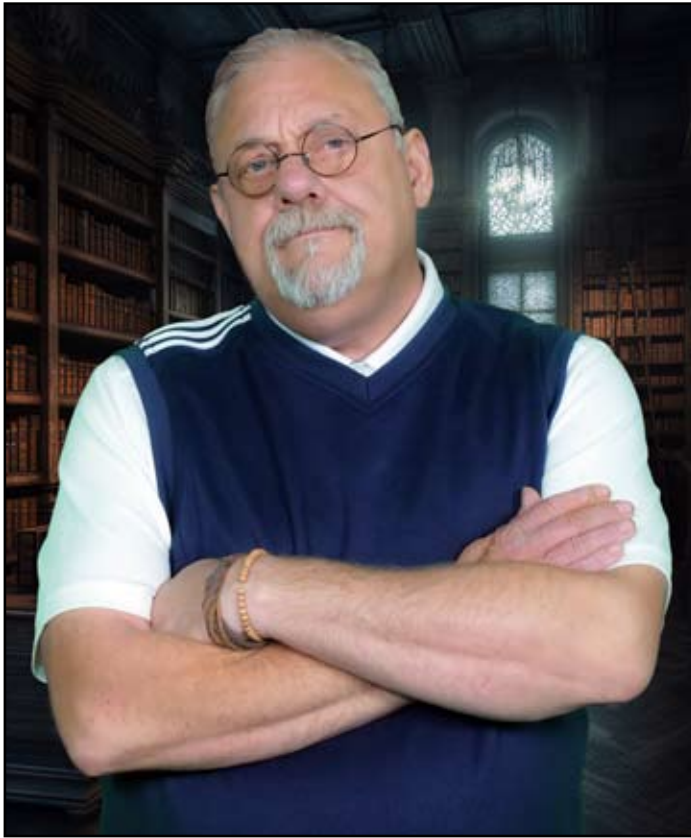


ChuckieG
*Psychic Intuitive
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Karen Frazier
*Author & Energy
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TUNE IN TODAY ON ITUNES, PODBEAN & MORE!



As the founder of the Scientific Establishment of Parapsychology and the visionary behind Project Doorway, Steve's work challenges the boundaries of conventional science, inviting us to consider the possibilities of other realities and the existence of life beyond our own.

Steve: I assisted a colleague in launching the Merseyside Anomalies Research Association (MARA), a Liverpool-based organization, not long after reforming MAPIT in 1996, which is based in Manchester. (MAPIT was initially set up in 1974 by David Reese.)

I offered ideas, guidelines, etc., to MARA, which went on to become very successful.

Q: Could you explain more about the Scientific Establishment of Parapsychology (SEP) and how it collaborates with parapsychology departments throughout the U.K.?

Steve: SEP was formed in 1996 to look more deeply into extrasensory perception/abilities and advanced studies into paranormal mechanics. We provide our findings and studies to numerous scientific-based organizations and establishments, which allows me to lecture alongside parapsychologists, such as those from the Scottish Society for Psychical Research (SSPR) and others.

Q: Could you tell us about the inception and

significance of the British Investigators Training Course (BITC) in Anomalous Phenomena?

Steve: The BITC course featured both paranormal and UFO content. However, it has now been separated into two different courses: the UFO Investigators Training Course (UITC) and Paranormal Investigators Training Course (PITC).

The UITC course comes with extra modules and continues to be sent out to students as we learn more about the phenomena — it is the course that never ends in a sense. I believe it's the most comprehensive UFO course in the world, introducing the very real paranormal aspect to the study of UFO encounters and experiences. Our PITC course is currently in development.

Those interested in the UITC can find out more under "Courses" on the [Phenomena Magazine website](#).

Q: What do you see as the future of UFO and paranormal research in the U.K. and globally?

Steve: I see a change coming. No longer will researchers remain restricted to just work within the paranormal or UFO research. The compartmentalization of these subjects is not beneficial. We need to gain a better understanding of how the paranormal presents itself with the ufological studies. Our current research program, Project Doorway, demonstrates this and reveals new data.

Q: What would our readers be surprised to learn about you and your work?

Steve: I have worked in specialized circles with parapsychological experiments that demonstrate NHIs can be associated around the seance table and not in association with UFO crafts. Such methods of communication have been taking place for many years in which the phenomena demonstrate their ease within metaphysics and quantum reality. Even now, after 40 years of investigative research, I'm still learning.

Q: What else is important for our readers to know?

Steve: The evidence now being obtained supports that not only UFOs, but also paranormal phenomena may originate in other realities around us that we as humans struggle to detect. Further advanced studies in these areas may very well introduce quantum mechanics/studies.

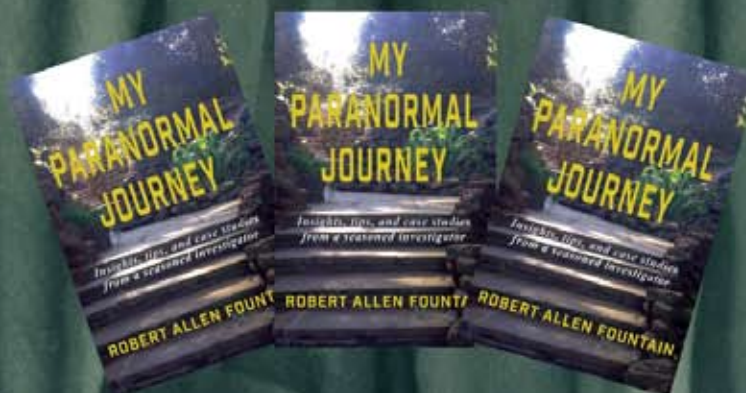
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To find out more about Steve Mera and his work, visit [stevemera.com](#), [Facebook](#), and [YouTube](#). And make sure to check out Phenomena Magazine [here](#). ♦

MY PARANORMAL JOURNEY

INSIGHTS, TIPS, AND CASE STUDIES FROM A SEASONED INVESTIGATOR

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Exploring the Mysteries of THE MANDELA EFFECT

By Chad Wilson

The Mandela Effect, a term introduced by author and researcher Fiona Broome in 2009, refers to a phenomenon where a large group of people remember an event or detail differently from how it is recorded in history or reality. It's named after Nelson Mandela, as many people mistakenly believed he died in prison in the 1980s, despite his release in 1990 and his death in 2013.

This type of collective misremembering has sparked debates about the nature of memory and has led some to speculate on the existence of parallel universes or alternative realities. This idea is rooted in the belief that for every decision made, an alternate universe exists where a different decision was taken, potentially explaining why large groups remember events differently.

If multiple dimensions are a reality, it's plausible that we are accessing memories from alternate iterations of our own existence, potentially giving rise to the Mandela Effect. This theory suggests that our consciousness might occasionally "slip" into these alternate realities, causing collective false memories.

The concept of time slips, a paranormal phenomenon where people allegedly travel through time unintentionally and without realization, is another explanation. The Mandela Effect could stem from instances of time slips, where individuals momentarily perceive alternate timelines, resulting in shared incorrect recollections.

Is a Multiverse Really Plausible?

In the realm of quantum physics, the idea of a multiverse is not entirely dismissed. Dr. Michio Kaku, a theoretical physicist, suggests that while not proven, the multiverse theory in quantum physics opens doors to fascinating possibilities, including explanations for phenomena such as the Mandela Effect.

Another intriguing paranormal explanation is the theory of psychic connections. Collective consciousness might



play a role in the Mandela Effect. It's possible that a psychic network among people leads to shared false memories.

The case of the Berenstain Bears books, often cited in Mandela Effect discussions, is a compelling example. Some paranormal enthusiasts argue that a shift in dimensions might have occurred, altering the spelling from "Berenstein" to "Berenstain."

Additionally, the role of ley lines, believed by some to be geographical alignments with spiritual or mystical significance, is speculated upon. Some believe that ley lines could influence collective consciousness, contributing to phenomena such as the Mandela Effect.



Some other examples of the Mandela Effect in action are below, and there are many more.

Monopoly Man's Monocle: A common misbelief is that the Monopoly mascot, Rich Uncle Pennybags, wears a monocle, but he does not.

"Luke, I am your father": This famous line from *Star Wars: The Empire Strikes Back* is often misquoted. The actual line is, "No, I am your father."

Pikachu's Tail: Many remember Pikachu from Pokémon having a black tip at the end of its tail, but its tail has no black tip.

"Mirror, mirror on the wall": The correct line from Disney's *Snow White* is actually "Magic mirror on the wall."

"Sex and the City": The show is often misremembered as *Sex in the City*, but the correct title is *Sex and the City*.

The number of United States: A common misconception is that there are 52 states in the U.S., but there are actually 50.

Mona Lisa's Smile: People often debate whether Mona Lisa's smile used to be more pronounced. The famous painting by Leonardo da Vinci is remembered by some as having a more obvious smile than it appears to have today.

What Do the Skeptics Say?

Skeptics of the Mandela Effect being paranormal in nature argue from a psychological and scientific stand-

point. They contend that the phenomenon is a result of common and well-understood cognitive biases, such as confabulation, where individuals fill in gaps in their memory with false information, and the social reinforcement of incorrect memories.

Skeptics point out that human memory is notoriously unreliable and easily influenced by suggestion, media, and the reinforcement of false memories through discussion and social interaction. They argue that the Mandela Effect is not evidence of paranormal activity or alternate realities, but rather an illustration of the limitations and fallibility of human memory and perception.

Exploring Beyond the Boundaries

While the Mandela Effect is often explained through psychological and social factors, the paranormal perspective offers a more mystical and intriguing lens. The Mandela Effect questions our grasp of reality, urging us to explore concepts that stretch beyond the boundaries of present scientific knowledge.

Whether it's a glimpse into alternate dimensions, evidence of time slips, or a manifestation of collective psychic connections, the Mandela Effect remains a captivating mystery at the intersection of memory, reality, and the paranormal. ♦

*Are we experiencing
glitches in reality, or is
it all in our minds?*

NORTH CAROLINA'S MOST HAUNTED PLACES UNVEILED

BY KELSEY CHRISTINE MCCONNELL, THE LINEUP

North Carolina has some interesting history. In the 16th century, the state was the site of the still-baffling mystery of the lost colony of Roanoke. The first Wright brothers flight took place in Kitty Hawk. Winston-Salem is the birthplace of Krispy Kreme.

But among all the varied histories, the ghosts that linger behind may be the most interesting of all. From Cherokee specters to tragic young ghosts, the Tar Heel State has a topography of terror. Here are six of the most haunted place in North Carolina!

1. The Omni Grove Park Inn (Asheville)

The Omni Grove Park Inn is an absolutely stunning resort, complete with sprawling hotel accommodations and a luxurious spa complex. This structure, built from boulders dug from a nearby mountain, is also one of North Carolina's most haunted hotels.

In the 1920s, a woman fell — whether by accident, jumping, or a more sinister push — to her death in the hotel's atrium. While the origins of her spirit may be called into question, there's no argument she's still hanging around. Called the Pink Lady for her appearance as a pink mist or figure in a pink ballgown, this friendly ghost has made a home on the fifth floor. If you book a stay in room 545, you may fall victim to her pranks.

Those who encounter this playful lady report air conditioners and lights turning on and off. It's also said that she rearranges objects in rooms. One contractor working in room 545 was overcome by chills after feeling an unusual presence. He ultimately bolted from the room when he felt a tug on his ear.

2. The Biltmore Estate (Asheville)

One of North Carolina's most popular landmarks, the historic Biltmore Estate was built in the late 1800s. A young George Washington Vanderbilt was paying a visit to the area when his mother, Maria, became enamored by the surrounding Blue Ridge Mountains. Constructing a

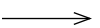


The Omni Grove Park Inn is famed not only for its majestic architecture, but also for being haunted by the friendly ghost of the Pink Lady, who is known for her playful pranks on guests and staff alike.

lavish mansion across 125,000 acres of land, the grounds housed not only a library filled with rare editions, but also Vanderbilt's famed art and artifact collection.

Vanderbilt died on the property in 1914, but that doesn't mean he left it behind. Whenever the weather gets gloomy, visitors to the mansion — now a tourist attraction — can find Vanderbilt's shadowy figure in the library, where he used to retreat to during storms.

George himself isn't the only ghost haunting the premises. In fact, his wife, Edith, seems to be far more active. Some guests report her whispering her husband's name in the library. Others report her shouting his name across the estate. Quite the hostess during life, Edith's wonderful post-death soirees can be heard by the pool, complete with music, laughter, and the clinking of glasses.





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An illustration of the mysterious Brown Mountain Lights.

Visitors have also heard some activity in the pool area, including the sound of splashing and disembodied voices. Others have seen a headless cat stalking the property at night.

3. Brown Mountain Lights (Linville Gorge area)

Brown Mountain has been home to a strange phenomenon for centuries. A series of peculiar, inexplicable lights dance above the mountain's peak after sunset — changing in size, shape, and color. The first recorded reports of these lights came from the Indigenous Cherokee and Catawba tribes in 1200 AD.

Legend explains these lights as women searching for their husbands whose lives were lost in a battle between the two tribes. If this were true, then these loyal widows have been searching for their husbands long after their own deaths. To date, there have been thousands of sightings of these strange mountain lights. The U.S. government has conducted several studies, as have multiple independent sources. Some claim the star-like dots are a result of marsh gas. Others say locomotive headlights. Some even claim they are aliens.

4. Lydia's Bridge (Jamestown)

This haunted locale is the fodder of urban legend! Just outside of Greensboro, Jamestown boasts two historic

bridges forever changed by a tragic tale. The railway bridge of E. Main Street sees the consequences of this fateful day, while the now abandoned bridge adjacent to it was the site of the calamity.

Lore states that in the early 1920s, a young couple was on their way home from a dance. The car crashed while crossing the bridge, and the boy died on impact. The girl, Lydia, survived the collision but was left scared, insured, and alone. Though she tried desperately to flag down some help, none ever came. It was up there on the bridge that Lydia succumbed to her injuries.

Today, Lydia can still be seen on the bridge, waving frantically for someone to pull over. Most of the time when cars get close, she simply disappears. Some drivers say that she actually waits to be picked up, but upon arriving at her house, her seat is empty.

Lydia is most commonly seen on rainy or foggy nights. Visitors may find the formal-clad damsel searching around under both of the underpasses.

5. Paint Rock (Madison County)

Tucked away near the Tennessee border, Paint Rock is famous for being one of the best Indigenous pictographs in North Carolina. It's also one of the state's most eerily haunted locales.

The scenic Appalachian trail is home to the typical haunted fare, such as the spirit of a Cherokee man seen wandering through the woods. But there's a much more chilling legend in the depths of the water. Legend has it that men have gone camping in Paint Rock, only to awaken to the sound of enchanting singing. As if lured by a siren song, the men walk to the water's edge to find themselves staring down at the reflection of a beautiful Cherokee woman.

Those who reach for the woman meet a nasty fate, pulled to their deaths by a mysterious creature.

6. The Devil's Tramping Ground (Outside Siler City)

The Devil's Tramping Ground, located about 50 miles from Greensboro, just outside of Siler City in Chatham County's pine woods, isn't so much haunted as it is cursed. Beyond low-level ghosts, it's said that the devil himself frequents the area. A barren 40-foot circle of grass is where he paces each night, contemplating all the chaos he can bring.

Defying all efforts scientific and otherwise, no living thing can grow in this circle. People have experimented with trees, flowers, and weeds, yet nothing takes hold. All transplanted vegetation shrivels up and dies.

There have been reports of animal carcasses littering the trail up to the circle. Those brave enough to visit the site at night say that if you leave something in the circle it will have vanished by morning. ♦



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Time Slips, UFOs & the Quest for Cosmic Truth

Raymond Fowler's 'Meta Phenomenon'

By Sean Casteel, Spectral Vision

An increasingly popular theory in the fields of UFO and paranormal research posits that phenomena such as UFOs, alien abduction, Near-Death-Experiences (NDEs), after-death communication, synchronicity, and past-life experiences are all elements of a unified whole, what author and researcher Raymond E. Fowler calls the “Meta Phenomenon,” the title of his latest book.

Meta Phenomenon: A Paranormal Diary of Incredible Occurrences consists of Fowler’s record of his many paranormal experiences spanning the years 1990 to 2023 and is intended for his own personal study, as well as for interested readers and other researchers. Fowler began the diary in 1990 after discovering that he had his own history of alien encounters, the memories of which had been long repressed, as is usual with most alien abductees.

On his way to that realization, Fowler had been a UFO researcher for decades, beginning by chasing down sightings reported in his native New England and writing a series of very well-received books on his efforts, such as *Casebook of a UFO Investigator*. So great was the trust and respect he had earned that Fowler’s research was even entered into the U.S. Congressional Record when hearings were held on flying saucers by the House Armed Services Committee in the 1960s.

Fowler also worked with Massachusetts housewife Betty Andreasson, who had a long and complex relationship with the gray aliens that would come to involve her children as well. Under regressive hypnosis, Andreasson related many fascinating stories of time spent onboard alien spacecraft, much of which she viewed through the lens of her devout Christian beliefs.

Navigating a Life Interwoven With the Paranormal

In 1990, certain repressed memories of his own alien abduction encounters bubbled to the surface of Fowler’s mind, and, when combined with other consciously



recalled events, the recollections forced him to conclude that he was himself the same sort of abductee he had been researching for so many years. He relates this story in his book *UFO Testament, The Anatomy of an Abductee*. It was at this point that he began his diary.

The diary entries in *Meta Phenomenon* offer a mountain of raw data on what it is like to live in a constant state of paranormal contact. One of the simpler aspects is something Fowler calls “the clock phenomenon,” which is a thread running through the entire book.

This involves something everyone has experienced, glancing at a digital clock and seeing the same three numbers lined up together, like 4:44 or 5:55. To have it happen randomly and occasionally is normal, but it began to happen so frequently to Fowler that it far exceeded what the law of averages would lead us to expect.

Fowler would constantly awaken for various reasons and, when glancing at his bedside clock, see that three identical numbers were aligned. He recorded the phenomenon in his diary for several years, until it became so commonplace that it ceased to have the urgency it once did.

Another frequently recurring paranormal phenomenon that Fowler experiences is called a “time slip.” While there are numerous such moments in the book, the following is an excellent example:

“April 29, 2003. Another incident where I might have seen the past or the future in the present. I arrived to go fishing at the Merriland River and found three cars parked at the river. I hoped that whoever was fishing was not at some of my favorite places. I figured that there were at least three fishermen, so I decided to count them as I made my way along the stream.

“I saw the first one and continued walking along the path. I then came across number two. He was standing in the water, about 70 to 100 feet from me. I stopped to watch him and counted to two. I then started to walk but glanced again to see what he was doing. There was no fisherman there! The area was wide open, and there was nowhere he could have gone in several seconds.

“I kept looking and looking up and down the river, but there was no one there and yet several seconds earlier I saw him clearly!”

Granted, this is not a particularly profound or deeply meaningful story, but, when combined with the sheer frequency of such moments in Fowler’s life, it is undeniable that he sometimes becomes unstuck in time and the past and the future intrude into his present moment with an eerie sort of “playfulness.”

He recounts many similar moments happening with his wife, Margaret, around their family home, including one that involves her appearing as a nearly transparent



mist as she busied herself in the living room. She appeared again shortly after and carried out the same exact movements, that time in her solid, corporeal form. Fowler had received some kind of precognitive vision of Margaret as a mist, which was shortly followed by a repeating moment of “normal” reality.

A Dance With Destiny in the Everyday

On May 1, 2003, a couple of days after the time slip at the Merriland River, Fowler recorded what he calls “an incredible synchronism.”

“I glanced out the sliding glass doors to our outside deck and saw a large, beautiful fox prancing around the backyard. I called Margy to look. As we watched, he stopped in front of the deck and began scratching himself. I ran upstairs and grabbed a camera, but when I looked out the upstairs window, he was running through the yard again. I took some pictures through the window before he ran off but was disappointed not to photograph him sitting still and scratching himself.

“Several hours later, I happened to glance out the sliding glass doors and was amazed to see the fox running



around the yard as he did before. I grabbed the camera and was shocked to see him come to the exact spot in front of the deck and sit down and scratch himself again. Needless to say, I took the picture that I had missed before.”

Again, admittedly, the fox story is not one of earth-shattering philosophical implications, but it helps one to see that reality and our own desires can sometimes be in delightful communion with a benevolent guiding force. The fox returning to Fowler’s backyard and posing for the exact photos Fowler was hoping to obtain makes one think of a child being indulged in some small whim in a completely unexpected way.

Fowler got what he wanted — not by demanding it, but instead because the powers-that-be “deigned” to give it to him in a way that followed synchronistic patterns already established in Fowler’s thinking. The fact that the time slip and the fox synchronism happened within two days of one another illustrates a fundamental truth of *Meta Phenomenon*, as it demonstrates Fowler’s daily grind, one paranormal experience following another with a regularity and sameness that staggers the mind.

Precognitive dreams, a poltergeist that moves objects from one place to another, after-death contacts from Fowler’s deceased father, the list goes on. All the boxes are checked by the forces guiding Fowler’s day-to-day existence, though an appropriate name for those forces is hard to extract from within the confines of human language. Aliens? Angels? Unnamable Supernatural Entities?

The Biblical God once answered a question about his identity by saying, “I Am Who I Am.” That may be, for the time being, the straightest answer we will get.

Time Slips and the ET Connection

Meta Phenomenon isn’t the only book Fowler has written that covers time slips and the alien connection. In his book, *Time Slip Connections: We Are Holograms*, he tackles the tricky subject of ripples in time from many angles while also demonstrating the interrelatedness of things previously thought to be completely separate phenomena.

Over the decades, Fowler gradually widened his belief system to embrace alien abduction, NDEs, Out-of-Body experiences, and other phenomena that came to seem linked to an overarching intelligence from which everything we know about reality originates.

A time slip represents a phenomenon where individuals transition from their current time into a different one, venturing either backwards into history or forwards into the future, according to Fowler.

“A person having a time slip may also experience a disquieting, unsettling, or depressed feeling at the outset of the event,” Fowler writes in his book. “Some people have even described a sort of fog surrounding them as they emerge into another time. Others as if a vacuum is lowered over them and all sounds around them disappear at the outset of the time slip. This also sometimes occurs at the outset of a UFO experience.”

Fowler’s Personal Journey Through Time

Fowler’s interest in the phenomenon began with his own time-slip experience in 1980, when one spring morning he ventured into the semi-basement of his old house in Wenham, Massachusetts, and descended a few stairs into the deeper basement area. Suddenly, he was completely immobilized. Shocked, he found it hard to believe what he was seeing.

“A man with my build, wearing a pair of black dress pants and a white shirt, appeared from behind the furnace where our freezer is located,” Fowler wrote. “He walked toward me, and when he was three feet away from me he turned to my right and walked out of sight toward the cellar stairs.”

While the “man’s” body was solid, it had a rapidly vibrating appearance to it, and Fowler could not make out any facial features. Then, just as suddenly, Fowler could move again.

“I was dumbfounded and ran into the full cellar to find no one there,” he remembered. “I called up to my wife and asked her if she had just been down in the cellar. She had not. In any event, the figure was exactly my build and was wearing black pants and a white shirt!”

Fowler says he only later came to realize what had happened when one day he went to retrieve some frozen vegetables from the freezer in the cellar. He was wearing a pair of black dress pants and a white shirt and followed the exact same path as the apparition. He is convinced that what he saw in spring of 1980 was himself in the future.

“I can think of no other explanation,” he writes. “I was not hallucinating. I saw the man distinctly. The cellar was well lighted with sunlight pouring in a window to my left.”

Before 1980, Fowler had not worn attire that matched the man in the basement. But later on, in 1983, 1989, and 1991, he wore a similar outfit for the weddings of three of his children. Could he have seen his future on the day in 1980?

Fowler continued to have time-slip experiences, which led him to writing *Time Slip ConneXions*.

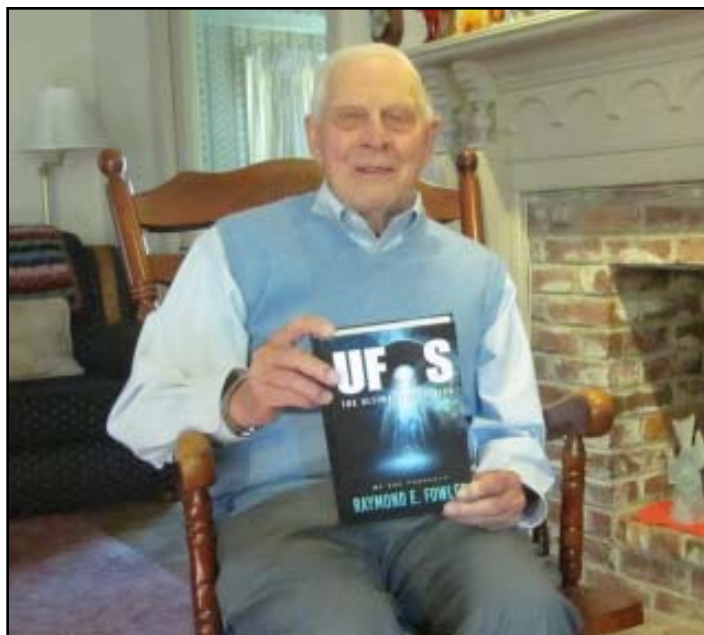
The Alien Connection: Exploring Time, Free Will, and the Universe’s Holographic Secrets

Time Slip ConneXions examines several hypotheses concerning the structure of the Universe and its relationship to time. It also provides an overview of research by the CIA that concluded that time, as we experience it, is an illusion and that so-called past events can be accessed via altered states of perception.

One obvious and very disturbing implication of the time-slip phenomenon is that future events can be foretold. Even Fowler’s brief encounter with his future self in the cellar implies that some events are etched in stone and that we eventually “catch up” with such events after the passage of time — meaning that if time is an illusion, then so is free will.

Fowler goes in-depth in his investigation of current theories concerning the “Holographic Universe,” part of which leads to the conclusion that we exist in a pre-determined hologram, similar to a video game, which is overseen by an advanced race of aliens who both created and control us all. We exist as mere holographic contrivances, made up of energetic atoms that masquerade as solid flesh and bone.

The late sci-fi writer Philip K. Dick wrote along



Raymond Fowler’s exploration into the enigmatic realm of time slips delves into the complex interconnection between various phenomena, such as UFO encounters, near-death experiences, and past-life recollections, challenging the conventional understanding of linear time.

similar lines, and there are those who claim that his work was appropriated and used in the popular movie franchise *The Matrix*, which also centers on the artificial, mechanized nature of reality. “We Are Property” is the subtitle of Fowler’s book *UFOs: The Ultimate Abduction*. This demonstrates that he is proceeding along a path where free will is brought into question — if not done away with completely.

To make his argument, Fowler offers nearly a hundred anecdotal case histories of time slips, from retro-cognition experiences, in which a person steps bodily into a past time and even interacts with the environment there, to glimpses of the near future that are sometimes sent as a friendly warning to help experiencers to avoid certain forms of danger.

In one of the appendixes to *Time Slip ConneXions*, Fowler reports on some of the quantum physics and hard science that may be at play in the CIA’s sometimes successful remote-viewing efforts. It is reassuring to learn that such a mystical and “out there” program has hard scientific support at all.

As we continue to struggle with questions of space and time, Raymond Fowler is on the frontlines, fighting to make sense of the unknowable in both scientific and spiritual terms, two fields of study that are gradually beginning to merge together into what may prove to be a beautiful and wondrous truth. ♦

MYSTERIES OF HELLNAR ARCH

Iceland's Enigmatic Cryptids and the Legends Behind Them

By Paul Dale Roberts, Halo Paranormal Investigations

Known for its volcanoes, geysers, hot springs and lava fields, the Nordic Island nation of Iceland is not just defined by its dramatic landscape. Many who live in Iceland also believe that unknown creatures exist.

In fact, some claim to see and even interact with the *Huldufólk* (Hidden People), also known as elves. Icelanders have great respect of these elves and try not to disturb them. There is one location that seems to be extremely active with paranormal activity: *Gatklettur* ("Hellnar Arch"). Here are a few of the cryptids that are said to hang out by Hellnar Arch.

The Shore Laddie

The Shore Laddie has been seen a few times at Hellnar Arch. This creature, comparable in size to a ram, sports a coat of brownish fur and features a visage reminiscent of seals and otters, complete with fangs. Its limbs are the subject of debate: Some argue they end in hooves, while others contend they are webbed, akin to those of aquatic animals.

According to tour guide Magnus Arnason, the Shore Laddie is an herbivorous creature that is harmless and will shy away from the sight of people. While some say the Shore Laddie eats sheep and pregnant women, Arnason says this is all hogwash.

Shore Laddies, just like the elves of Iceland, are seen frequently. There have been three sightings alone of this cryptid at the Hellnar Arch.

Another legend is that the Shore Laddie is seen most often during sheep breeding season and it has been accused of impregnating ewes and creating disabled monstrous lambs. Once again, Arnason says this is all made up. In fact, he encountered a Shore Laddie himself when he was 14 years old. The creature came out of a hole in his father's farm, made a yelping noise, and ran away.

When Shore Laddies encounter humans, they reportedly run to the ocean to get away.



The Shore Laddie, a cryptid resembling a mix of a seal and otter, is reportedly a benign, herbivorous entity often spotted at Hellnar Arch. It's about the size of a ram and sports brownish fur.

The Hrökkáll

Another cryptid that is seen near Hellnar Arch is the *Hrökkáll*, an eel with iron-hard scales and razor-sharp fins. It is two feet long and lives in stagnant ponds, polluted waters, and occasionally rivers. The creature has been seen recently along the shoreline and at the Hellnar Arch.

Legend has it that the creature will secrete a corrosive poison that it can utilize to burrow through the earth. They lie in wait for someone to step into the waters in which they live, then wrap themselves around the victim's legs.

In 1932, two local men came upon a woman writhing on the ground. Around her neck was the dreaded *Hrökkáll*, which was choking the woman. One of the locals



pulled out a knife and sliced the Hrökkáll. It then slithered away into a hole. Sheep are said to be safe from the Hrökkáll, because their legs are too narrow for them to gain hold. In Icelandic, the term “Hrökkáll” refers to *Electrophorus electricus*, which is known as the electric eel species.

The Hellnar Arch Merman

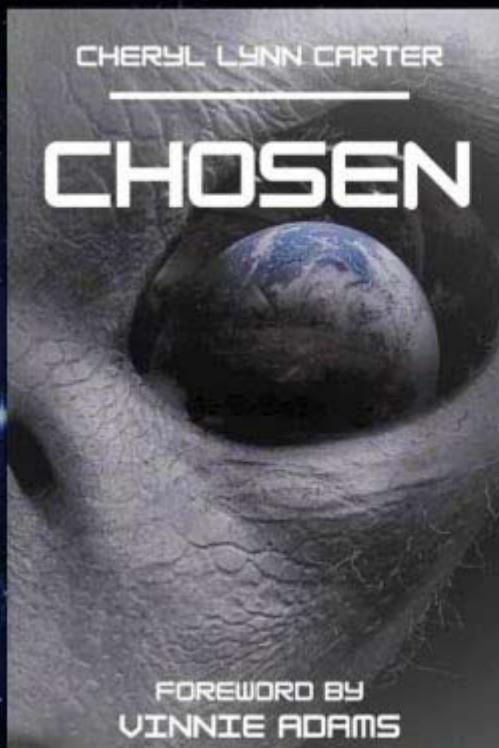
According to tourist Jokull Olafsson, the Hellnar Arch Merman is six feet tall. Most people that have spotted the Hellnar Arch Merman say that he is very hideous looking, and the creature’s stomach hangs down and overlaps the groin area.

It also has long hind legs that are positioned underneath it. The creature also has short arms with claws. The transparent skin of this creature is described as larvae skin. The eyes are large, and the Hellnar Arch Merman is known to stare with its big, bumpy eyes. The creature also has long, sharp teeth.

It is said that when a sailor sees a merman in the sea, it is a sign that a storm is approaching or that someone will die. The creatures will sometimes come up on small inlets or secluded beaches to escape bad weather. They most often come ashore at night and will avoid crowds and loud noises. The merman are known to brush off bullets from their fur.

In 1847, four merman went on a fisherman’s boat and dragged six fishermen into the sea and drowned them. The locals believe that these merman ate the fisherman.

A few people have seen a merman that sits on top of the Hellnar Arch, and when people approach the arch, the merman will jump into the sea to avoid the humans. ♦



ARIEL SCHOOL

FALCON LAKE

PASCAGOULA

RENDLESHAM FOREST

MARIO WOODS

CHRONICLES OF A MODERN EXORCIST

By T Stokes

Some years ago, the spirit church I attended decided that I would not make a good spirit medium, as I was “too well protected,” but that I would instead make a good exorcist. So, I was soon busy training as an exorcist for the Spiritualist Association of Great Britain (SAGB).

I watched the Reverend Christopher Neil-Smith (1920–1995) at the time. He was a leading exorcist in England, and the speed at which he worked was amazing. Nowadays, the term exorcist is rarely used, as experts prefer the word *deliverance*, which is seen as part of the healing aspect of ministry, with much more counseling and fact finding going on now.

Exorcists have to lead lonely lives, keeping away from low or negative people and places, keeping up with prayer and meditation, asking spirit guides for help and protection, not watching bad TV programs or reading certain books that may lower your vibration, and refraining from certain foods and drinks — in short, leading very moral lives.

A neglected aspect of all deliverance work is the aftermath. One can come away with what’s called “psychic contamination.” Spirits can attach to you, and you can bring them home with you. Because they are trapped in your emotional bandwidth, they can cause havoc. This only happened to me once, and I was very ill for over a year.

Once they have made contact, these spirits can come back years later with an intent on doing harm.

I have not been spiritually active in these arenas for a few years, but the other night I slept fitfully, waking about eight times. It was a very disturbed night.

Strange noises had been happening in the room for a short while, from bangs that sounded like gunshots in the air to clicks and scraping sounds, but this most recent night’s disturbance was worse. It even sounded like heavy objects were being thrown about. I also heard my name called out close to my ear, but I did not recognize the voice. I had psychically sealed the rest of the house, but I left my room open in case my dead wife wished to visit.

As dawn broke, I figured what was going on!



A Battle for Auric Integrity

The weak point in the human aura is around the feet. This is where chi energy can leak or be tapped into. There is a branch of elemental spirit that lives in damp, musty corners of skirtings. They are mischievous but not usually dangerous. They hang around people’s feet, often in little groups, trying to make people worried or ill. These are ground spirits related to the negative Earth categories. Cleaning all room corners in old houses with bleach and burning certain herbs and grasses scares them away.

The sciences of smoke divination (capnomancy and libanomancy) are helpful here. When I was on call for



the SAGB, these elementals were the most common nuisance type spirits encountered. The problem with these is that they often open the door to the base of the aura for another type of spirit that is very old, clever, and intelligent. They can harm people as they rob the person's

energy from them, leading to tiredness, confusion, and later illness.

Physical assaults by demonic entities are rare, but mental and emotional assaults are very common. If one is being attacked by these, one can usually tell by the "feel" of the person's energy who is being robbed of their auric power, and thereby stop it at the source.

My patience had worn thin with the nocturnal shenanigans in my bedroom, so I did a psychic cleanse and sealing of the room with Asafoetida grass salt and garlic. According to Winston Churchill's astrologer in WWII, Churchill insisted that Asafoetida always be present in his room.

The Power of Belief and the Open Mind

Today I awoke after having a great night's sleep, with no disturbances. I awoke in a very good mood!

When I used to give talks on this type of activity, I would often be told by someone in the audience: "I don't believe in ghosts." I would ask them if they had ever met or seen one? The answer would always be no. So, I would reply: "Well how can you not believe in something you have never even seen? You cannot disbelieve in something you have no experience of!"

You should always have an open mind, and this is the key. An unbalanced mind is the easiest to attack. ♦



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IF YOU NEED HELP, CONTACT US ON FACEBOOK

THE PENNY-THROWING GHOST OF ELK GROVE

BY PAUL DALE ROBERTS, HALO PARANORMAL INVESTIGATIONS

I was recently contacted by Mr. & Mrs. D, who do not want to be identified by name. They said that they live in Elk Grove, California, and believe they have a ghost in the house that throws pennies at them.

Mrs. D was washing dishes in the kitchen, and an entity threw two pennies at her back. Mr. D was in the garage, when he had a penny thrown at his head. Mrs. D says she also sometimes hears disembodied footsteps, and a shadow figure was seen in the hallway. In addition, the front doorbell camera caught a strange mist moving around at the front door.

They believe that the spirit of their recently deceased uncle is responsible. While he was experiencing hard times, he stayed in Mr. & Mrs. D's home for about eight months. He loved living at the house, and he was also known to be a prankster of sorts. When finding a penny on the ground, the uncle would scoop it up and place it in his pocket, because he felt it was "good luck."

Three months after his death, the paranormal activity began. And while the activity seems harmless, Mr. & Mrs. D were ready for it to end. They asked if we could investigate and do a house cleansing.

They did not want our entire team to investigate, but they did ask that one investigator and one psychic medium be present, so Deanna (Wish Fire) and I set off to their home.

Once at the location, I conducted a baseline EMF reading. The reason why I conduct an EMF reading is because researchers have long studied the association between EMFs and haunted locations or paranormal phenomena. In this case, there were no unusual readings. Wish Fire conducted a walk-through and felt something was hiding in the bedroom closet.

Before this case, I had already experienced ghosts throwing pennies. My first experience was in 1974, when I was stationed at Fort Jackson, South Carolina, for Advanced Individual Training. Fort Jackson is very haunted. (Check out some of the paranormal stories about Fort Jackson [at this link](#).) Upon arrival to my barracks, some

of the soldiers told me that they were haunted by three entities and one of the entities threw pennies. I laughed and didn't believe them.

One night, however, when I was lying in my bunk taking a snooze, a penny hit my side ... and a minute later, my ear. I accused some soldiers standing by the drinking fountain, and they swore up and down, they didn't throw any pennies.

The second penny-throwing incident was an investigation in Carmichael, where the couple there claimed the entity threw pennies at them. I conducted a séance, and sure enough three pennies were thrown at us. I had everyone place their hands in the air and, yes, another penny was thrown in our direction.

Now here I was, again, dealing with a penny-throwing ghost! Wish Fire and I went back to the bedroom closet and after six tries, I did get an EVP. I asked, "Why are you throwing pennies?" A male voice responded, "Having fun." Mr. D said the entity sounded like his deceased brother.

While we did not witness any pennies being thrown, Mr. & Mrs. D felt that if Mr. D's deceased brother was responsible for the pennies and other paranormal activity, that they wanted him to go to the light. So, Wish Fire conducted a metaphysical cleansing, and I conducted a Roman Catholic house blessing.

I will be in touch with Mr. & Mrs. D to see if the paranormal activity stops. ♦



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The Medicine Way: Confronting the Perils of the Paranormal

By Rainbow Radaelli

Experiencing body possession and superstition can lead medicine men and women down a road of uphill zig zags that literally end up at the doorstep of high strangeness. Because of this, every once in a while I have come across stories that defy logic.

If these are only tall tales, that's a comforting thought, but if there is any truth to these stories, it can be mind-altering. I have also had my own run in with the macabre. Such stories can bedevil even the best medicine men and women.

Walking the medicine road illuminates the soul and creates a safe haven, even if the torrid darkness menacingly surrounds the light. The journey of life doesn't always account for the pitfalls perilously waiting in the distance. Each step can be precarious not just because the trail is misleading, but more so because the destination can give off the illusion of good will and transparency.

The darkness engulfs what it is attracted to the most. Pushing back at the very thing that wants to possess you is the treacherous part, especially if you are a defender of the light.

Walk-Ins

The vessel we call the body can be a hot commodity of interest for opportunist souls, entities, or beings waiting in the shadows. As one story goes that I was told, a woman was married to a man she loved and considered her soul mate. Her husband unfortunately had a heart attack a few years after they were married and had to go to the hospital.

She emphatically told me that the man who came back home with her from the hospital was not the man she married. Same body but different soul. He went from loving country and western music to becoming a classical music aficionado.

We aren't talking about a few details here and there; he had intimate knowledge of composers and





historical facts on music that he had never listened to before he went into the hospital. His taste in clothes changed, and he bought books on topics that she knew beforehand he had no interest in. He talked about things that weren't a part of their lives up to that point. His experiences didn't jive with their life together. She thought she was losing her mind.

She literally felt someone else had taken over her husband's body and that the soul she fell in love with was gone. It was obvious to the both of them that they weren't compatible any longer, and soon afterwards they divorced.

Is this possible? Can souls parcel out a body or take it over?

Mirror, Mirror on the Wall

Mirrors in many ways can be a double-edged sword. Scrying in ancient times was a fascinating way to peek into other realms, but it was also an invitation of sorts to allow something else to peek back at us. But there's an interesting belief among Catholic exorcists that demons don't like mirrors because they don't like looking at themselves.

I can attest to this because of an experience I had four years ago. My partner, Michael, and I were spending the night at a hotel in Salt Lake City, Utah. My mother had

passed away a few months prior, and we brought back some things from her estate in New Mexico.

We arrived at the hotel early in the evening. While standing in the lobby, I came across an odd woman who was very tall and strange. She was behind the counter, checking people in, when she looked up at me and said, "The night's just beginning." She had a frightfully dark energy to her and a very creepy smile.

Fortunately, Michael had already checked us in and was walking in from the parking lot at that very moment, so I rushed past her toward the elevator doors.

The room was your average hotel room, with all the typical amenities. We watched TV for a short while and finally prepared to go to bed. Once the lights were out, the night took a sinister turn, one that we didn't know was coming.

It was a night of restless sleeping, but just as I managed to fall asleep, I was startled awake to something getting into bed behind me, moving slowly toward me. At first when I woke up, I thought it was Michael. To my horror, I realized that I was facing him, so who was behind me? I felt the blankets move slightly off me. I sat up and turned around, but nobody was there.

All at once, the water bottles in our room started to pop, scaring me and waking up Michael. I'm not going to

lie; I was grateful he was awake. I told him what was going on, and he said to snuggle closer to him, which I did. That's when the bed on my side went down, as if something very heavy was either sitting or standing on it with such force that I literally jumped up out of bed.

That was it, I had had enough! Out loud I said that whatever it was needed to leave and that I was up for good. It was around 4 a.m., so I was not only exhausted from the trip but also from lack of sleep. I headed into the bathroom and started getting ready for the day. Michael decided to try to get a little extra shut eye.

As I was washing my face and brushing my teeth, I heard loud voices outside by the front door. It was as if throngs of people were talking in the corridor. It was a bit odd, but I just thought there must be a lot of people heading out early. But it wasn't the normal talking that you might expect at that early-morning hour. It was loud whispers almost like white noise mixed in with human voices.

It sounded so weird that I finally decided to take a look. Interestingly enough, when I looked out the peephole, there was nobody in the hallway and there was dead silence. The voices stopped as soon as I took a look out of the peephole. When I went back to the bathroom, the loud noise of people immediately started up again.

Michael was tossing and turning in bed to the point I thought he was fighting something off him. I went to check on him, and he seemed to calm down when I walked by the bed. It was like he was having a restless dream. I quietly told him that he might want to get up since sleep was evading him.

To my astonishment, as I walked back to the bathroom, I saw a dark shadow standing by the corner of the room. It was as close to a demonic presence as I have ever experienced, and it made itself clear that it wasn't going anywhere. Michael and I were both too tired to fight it, so the best thing we could do was to surround ourselves with light and keep our angels close to us.

I have to add a caveat here, because the one thing that was clear to me was the fact that I felt safe in the bathroom. For some unknown reason, I knew this was my saving grace. At the time, I didn't know that demons didn't like to see themselves in mirrors. Now it makes perfect sense.

Michael got up, and within an hour we were out the door. What was so eerie was the fact that there was hardly anyone around. Where were all the people I heard?

The Creepy Peepers and Shadow Selves

In most cases, it's easier to deal with a shadow being rather than something more diabolical, but that doesn't mean you feel any less uncomfortable with the intruder. Do these creepy beings come from places parallel to this reality? Or do they enter through portals from realms similar yet very different from ours?

Many moons ago, I lived in a converted school bus. On one particular night, I was up late reading one of my favorite books. All of a sudden, the bus shook as if something hit it with immense force or like the earth was opening up beneath it, getting ready to swallow me up.

The dogs stood up growling, and I heard the horses outside running and neighing as if they were scared of something.

This something was on the roof of the bus, and I could hear it moving around. It didn't walk but more shuffled along the roofline of the bus. As it shuffled toward the front windshield, I was literally holding my breath panicking. I just knew some creepy monster was going to reveal itself to me in front of the windshield!

It peeked in, but it was looking at me upside down. Its eyes were huge, but it was more of a massive amorphous blob. I think it was masking itself so I couldn't see what it really was.

My heart was pounding, so I decided to just continue to read and ignore it. But when it would shift its weight, the bus would shimmy. This went on for a while, so I decided to just go to bed and call it a night.

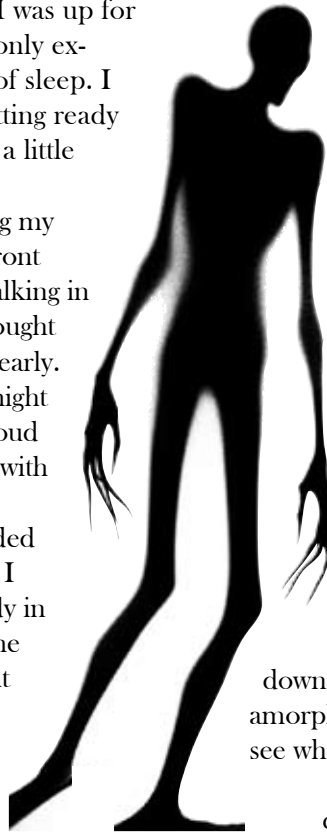
It may seem strange that I hit the hay, but truth be told, my higher self said to ignore it. I knew instinctively that it wasn't going to hurt me or my animals. It was just inquisitive. It never came back, and I could never figure out what it was in the first place.

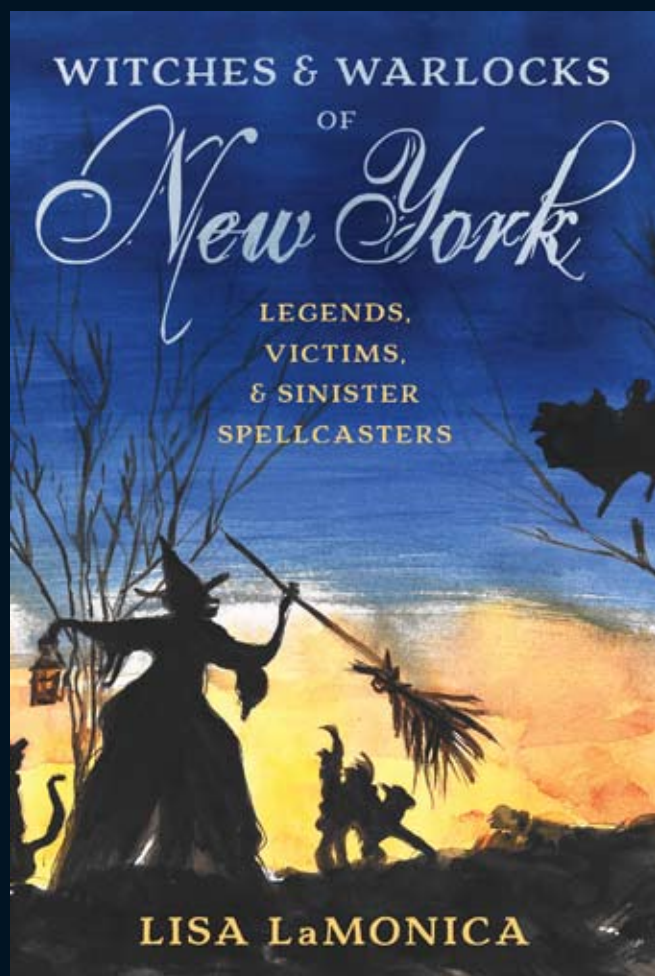
At the end of the day, we all need to understand that life does not stop because of nightfall — it's the starting point for something else that flourishes until dawn. Time is the illusion of our reality, because we are the only beings that live by its summons.

Walking the Medicine Way means knowing full well the day and night beckon to the macabre ... and that it will ultimately answer.

"The oldest and strongest emotion of mankind is fear, and the oldest and strongest kind of fear is fear of the unknown."

— H. P. Lovecraft 1890–1937 ♦





New York has a surprisingly rich and lasting history of witches and witchcraft.

"Witches and Warlocks of New York" is a collection of legends and historical accounts about witches and warlocks from the Empire State.

Included are a history and origins of witchcraft in New York State and historical tales of "witches" across the state, including Hulda, the witch who was the origin behind a Brothers Grimm fairy tale and inspired parts of Washington Irving's "Sleepy Hollow." Plus, the East-hampton Witch Elizabeth Garlick, accused and tried 35 years before the Salem witch trials.

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The Red Square Incident of 2003

By Cheryl Lynn Carter

Vandenberg Space Force Base is located nine miles northwest of Lompoc, California. The base encompasses more than 98,000 acres, 35 miles of pristine coastline stretching along the Pacific Ocean.

Originally known as Camp Cooke, the installation was used for infantry and artillery training. In 1957, the property was transferred to the United States Air Force.

Vandenberg officially entered the Space Age on December 15, 1958, with the launch of the Thor intermediate ballistic missile, named after the Norse god of thunder. During the Cold War, the base housed several other intercontinental ballistic missiles, such as the Atlas D, Titan II, Minuteman, and Peacekeeper.

In March 1960, Space Launch Complex 6, SLC-6 or “Slick-6,” located along the rugged terrain on the southern part of the site, was initially constructed as the launch site for the Air Force’s Manned Orbiting Laboratory reconnaissance space station. Here, they tested the Titan III intercontinental ballistic missile.

In the 1980s, Vandenberg began overhauling the site to use for launching space shuttles. However, repeated delays in construction and numerous technical issues soon became notorious. In December 1985, a worker fell to his death. Then the Challenger accident showed that during a shuttle launch, hydrogen could build up inside the SLC-6’s flame trench and result in an explosion. After that, all shuttle launches ceased.

A Cursed Site?

With all the issues at Vandenberg, one might think the site was cursed. When construction first began in 1960, construction workers unearthed an Indian burial ground consisting of shells and human remains. Archaeologists at archaeological site Ca-SBA-207 identified some remains as that of a young woman, about 20, and a child, aged 7.

Requests from the Chumash tribe for time to study and excavate the site were ignored, as the construction



crew deviated from the staked route by taking a short cut through the center of the archaeological site CA-SBA-1866. Furthermore, the 14 Chumash rock art sites across Vandenberg, which include Honda Ridge, Window Cave, and Swordfish Cave — carbon dated to be 3,500 years old — are proof that the area was a sacred place.

Despite the requests from the Chumash, construction continued, and it is said the tribe put a curse on Space Launch Complex 6, also known as “Slick-6.”

Various interpretations of the pictographs tell of boys’ coming-of-age ceremonies, the soul’s journey into the afterlife, and celestial events that might indicate extraterrestrial visitors.

Two UFO Incidents

In 2003, something otherworldly made an appearance at the facility ... TWICE. Former F-18 pilot Ryan Graves

recently testified before a U.S. Congressional committee with his perspective. The following is an interview with the actual witnesses.

On October 14, 2003, a group of Boeing contractors were working at Launch Pad 21. They observed a large, 100-yard, red square approaching from over the ocean toward them. It hovered silently at a low altitude for 45 seconds before disappearing.

Later that night, Security Forces members working B-Flight shift — Phoenix, Brandon (#1), Jeff, Brandon (#2) and Grant — experienced a close encounter with something strange in the night sky. The following is part of The Disclosure Team's interview on February 7, 2024 : Vandenberg Air Force Base - UAP Witnesses (youtube.com)

Phoenix: "I observed a large, red square hovering above us. It was difficult to determine its shape, but it had a really bright-red pulsating light that was very bright, slowly dimmed out, and bright again. It hovered silently at a low altitude for 45 seconds before heading west at a high rate of speed.

"Jeff called Dispatch, asking if helicopters were running night operations. They called back saying they had no idea why they were calling because there had been nothing in the air."

Brandon (#1): "I was a patrolman at the time and was on Main Base with Brandon [#2]. It was mid shift, so we were working six to six. About midnight ... the call came in. Are we really hearing what we think we're hearing? Here we had people that we've worked with for years in panic mode calling in about this light coming in over the Pacific Ocean. As calls continued to come in, the callers were getting more and more panicked. That's when Jeff went down there to take a look and talk to the people.

"How it was described to me was that it was a red glowing object and had approached from the ocean. And the way that site actually sits I would say it's within 100 or 200 yards of the ocean. They said it was coming over the ocean directly at the comp of the space launch complex. And then it stopped and paused overhead. They were very freaked out at what they were seeing, and the object had taken off quickly."

Brandon (#2): "I was Dispatcher Desk Sergeant the night of the incident. My duty was to oversee what was going on, forward all this information up, and I was also responsible for the official blotters on every call that came in. I was thinking what is going on and first and foremost we have to get eyes on this guy, get people to the area, and start dispatching initial personnel to that area.

"I retained contact with the people on site and advised them to maintain vigilance and let me know where it was at. It was coming toward the restricted area and as



In 2003, two UFO sightings occurred at Vandenberg Space Force Base in California on the same night.

it progressed they were saying this is what it looks like. As it's coming towards the restricted area, they flat out didn't know what to do and neither did I. It lasted about 50 seconds, but seemed like a long time, and then they said it just took off over the mountain and it was gone. We all came back together and had a debrief about what we all had seen."

Jeff: "I had come in early to do changeover that day and had been briefed about the Red Square event that had occurred that morning at Launch Pad 21. Contractors working for Boeing reported seeing a gigantic, red square hovering overhead. We had all been briefed that we had had an encounter that day and to be aware. That night I had been out on the coast with my NVGs (Night Vision Goggles) looking around, and then I can back to the Dispatch desk with Brandon [#2]. Reports starting coming in from Slick-4 about a strange light moving erratically and coming up to control point."

Grant: "I was a Staff Sergeant and Dispatch Desk. Santa Barbara County Sheriff's Department was calling into the desk saying their 911 Dispatch had just crashed. You crashed our 911 Dispatch, and there's something flying over your base. Can you confirm?"

"That night I remember how I was so mad because I had to sit on the north side of the runway and it was cold. And suddenly there were just lights on our flight line. I watched it land on our flight line. It was facing me, because all I could see was lights, and it had zero sound. The flight line was closed because everybody knows we don't have aircraft except for helicopters.

"It was dark, the tower was done, and there were no runway lights. Seconds later, it was just gone. Days later, OSI (Office of Special Investigations) came to talk to us, asking if we had seen anything." ♦

QUANTUM THREADS:

WEAVING THE FABRIC OF CONSCIOUSNESS

By Chad Wilson

When it comes to the realm of modern physics, few phenomena are as perplexing and captivating as quantum entanglement. This phenomenon, wherein particles become interconnected in such a way that the state of one instantaneously influences the state of the other regardless of distance, challenges our conventional understanding of reality.

While quantum mechanics primarily deals with the behavior of subatomic particles, its implications stretch far beyond the confines of the microscopic world, seeping into the realm of consciousness and even the enigmatic domain of psychic phenomena.

At first glance, the idea of linking quantum mechanics with consciousness may seem far-fetched, even bordering on the metaphysical. However, a growing body of research and theoretical exploration suggests otherwise. One intriguing avenue of inquiry lies in the potential role of quantum entanglement in shaping aspects of human consciousness.

To comprehend this connection, it's essential to delve into the nature of consciousness itself. Despite decades of study, consciousness remains one of the most elusive and mysterious subjects in science and philosophy. From the perspective of classical physics, consciousness arises as an emergent property of complex neural networks in the brain.

However, proponents of quantum consciousness propose a different perspective — one that integrates the principles of quantum mechanics into the fabric of consciousness itself.



Consciousness & Psychic Phenomena

One theory posits that the brain operates on the edge between classical and quantum realms, with processes such as synaptic firing and neurotransmitter release exhibiting quantum-like behavior. Within this framework, quantum entanglement may play a pivotal role in orchestrating the synchronization and coherence of neural activity, leading to the emergence of consciousness. In essence, the brain's quantum nature could serve as the substrate for subjective experience, bridging the gap between the physical and the mental.

Furthermore, some researchers speculate that quantum entanglement could underpin certain psychic phenomena, such as telepathy or precognition. While such claims often evoke skepticism, they also provoke thought-provoking questions about the nature

of reality and the interconnectedness of all things. If particles can become entangled across vast distances instantaneously, could this phenomenon extend to the realm of consciousness, enabling individuals to share information beyond the confines of space and time?

Moreover, experiments in the field of parapsychology have yielded intriguing results that defy conventional explanations. Studies on remote viewing, telekinesis, and extrasensory perception (ESP) hint at the possibility of non-local interactions that transcend our current understanding of physics.

While skeptics attribute these phenomena to chance or experimental artifacts, proponents argue that they point to a deeper connection between consciousness and the

Navigating the Challenges of Quantum Entanglement and Consciousness

*We don't know
everything about the true
nature of our reality.*

Despite these challenges, interdisciplinary approaches that integrate insights from physics, neuroscience, and philosophy offer promising avenues for further exploration. By fostering collaboration between experts from diverse fields, we can gain deeper insights into the nature of consciousness and its potential connections to the fundamental principles of quantum mechanics. In addition, advancements in technology, such as brain imaging techniques and quantum computing, hold the potential to shed new light on these elusive phenomena.

The relationship between quantum entanglement and consciousness represents a captivating frontier in both science and philosophy.

By embracing a spirit of curiosity and open-minded inquiry, we can unravel the mysteries that lie at the interface of quantum physics and the human mind, ultimately deepening our understanding of ourselves and the universe we inhabit. ♦



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HOW TO WORK WITH GEMSTONE SPHERES IN RITUAL AND PRACTICE

By Dr. Athena Perrakis, Sage Goddess



Like the all-encompassing nature of the circle, gemstone spheres are the embodiment of the circular energy of all things. Spheres are a wonderful tool to use in many meditations and magical rituals, as they radiate energy in all directions equally — to all four corners, through all seven chakras, across space and time.

Circles are representative of the infinite nature of energy and have been symbolic in many cultures since the beginning of time.

While we can find circles in many cultures and religions in history, the beauty is in the geometric, all-inclusive, and non-denominational nature of the circle. Take a moment and picture circular energy. What do you see and feel? Perhaps perfection? Continuation? Completion?

Now imagine the three-dimensional form, colors, and energy of your favorite gemstone or crystal smoothed

into that perfect circular energy you pictured and felt just before. That is what practicing with spheres is like.

To me, spheres radiate an energy of possibility and Divine perfection out into all corners of your space. Spheres are the opposite of generator crystals or stones, which are used for more specific intention setting, generating energies to specific centers or out to specific people, or specifically charging other stones. Spheres radiate a more inclusive energy all around.

Circular Presence in Daily Life

We find circles everywhere, within our human bodies and on a much more massive scale all throughout the Universe — in the circular orbs that form our pupils and irises we can find a microcosm of the greater circular nature of the life-giving sun and moon. The feeling of the



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perfectly round and polished crystal sphere in my hand during practices and rituals is a beautiful and unique energy. The stark contrast of the smooth, perfect shape against my hands and skin is soothing and enticing.

While gazing upon a sphere, it is easy to envision what it would feel like to be floating in space — essentially in nothing, a void, emptiness — while gazing out upon the different planets of our solar system. This feeling is a connection to all that is.

For example, the beautiful deep blue of lapis lazuli spheres are reminiscent of the Earth, while leopardskin jasper could be Jupiter, and the deep red carnelian, Mars. It connects me to the perception and inner knowing that we are indeed connected to Source, or our Divine Creator, and Source is all encompassing and bigger than we could imagine, out there gazing down on us here on Earth with love, just as I sit and gaze upon the beautiful sphere I may be using in my practice or ritual.

Breathtaking and colorful fluorite spheres look to have a whole universe enclosed within and can be used for guidance and soul pathing. Each different color fluorite connects us with energies of various chakras while offering varying guidance and communication to our higher selves, spiritual guides, and Divine nature.

Bringing Spheres Into Your Work

I encourage anyone to incorporate spheres into their healing, magical, and meditation practices, no matter what level your familiarity with crystals and gemstones is. Each crystal has its own unique vibration, frequency, and energy, just like we do. They have energies that can help us cleanse, heal, uplift, protect, calm, soothe, and intensify our own energetic centers, as well as the energies of our spaces.

For someone new to spheres and wanting to incorporate at least one sphere into your work, I would suggest starting with clear quartz, which is the highest vibrational stone, as it manifests all energies and draws energy to it. It carries an energy for clarifying, scrying, manifestation, and divination.

I also recommend rose quartz, a gem that I use almost daily for myself or others, for radiating love, easing pain, transforming energies around the home, soothing, calming, opening the heart chakra, and bringing peace to the bearer.

Spheres can be used in any practice along the metaphysical spectrum, from simple meditations to use in the arts of divination and scrying. They are easily held and focused upon during meditation, which is a practice I make use of.

I enjoy gazing into the depths of my clear quartz

Gemstone spheres radiate universal energy, enhancing meditation, rituals, and connection with the Divine in daily life.

while connecting to my 8th (Soul Star) chakra, healing, cleansing, and raising my vibration. Those who practice scrying may use a beautiful and powerful rainbow obsidian sphere — to peer into its wonderful reflective surface — for seeing.

Another beautiful thing about spheres is the varying sizes they come in. You can incorporate them at any size — small, medium, or large — into your magical work.

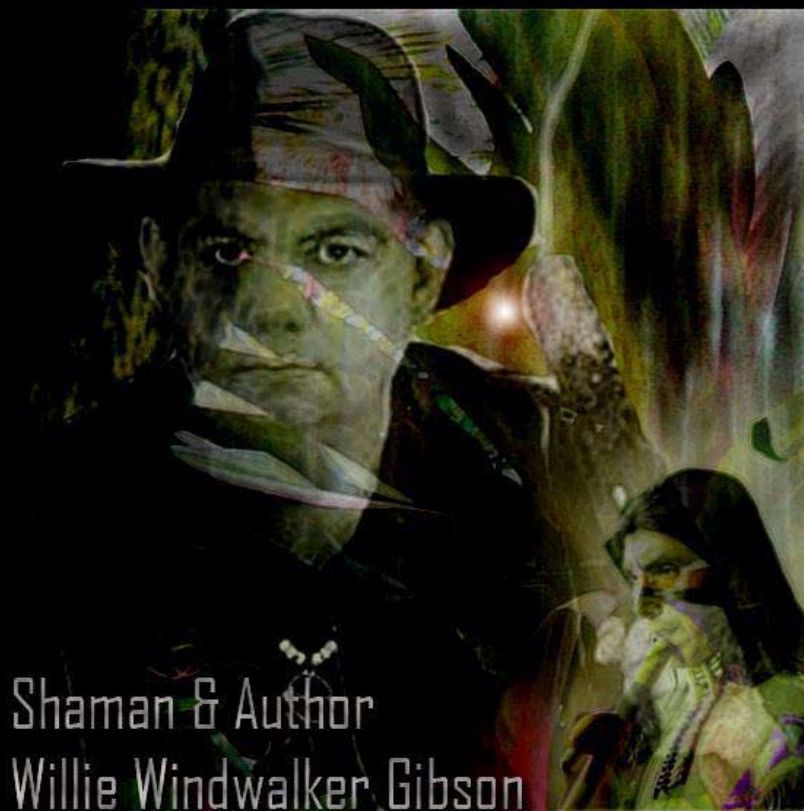
- The large spheres are great for the arts of scrying and divination.

- Medium-sized spheres fit nicely in the hand to be held during ritual, prayer, or meditation.

- The smallest spheres are fabulous to accompany you on your journeys throughout the day.

I find the smooth, cool presence of the small sphere calming and comforting in times of high stress.

If you are looking for a new energy tool to add to your practice or ritual, I encourage you to look to spheres! ♦



Shaman & Author
Willie Windwalker Gibson

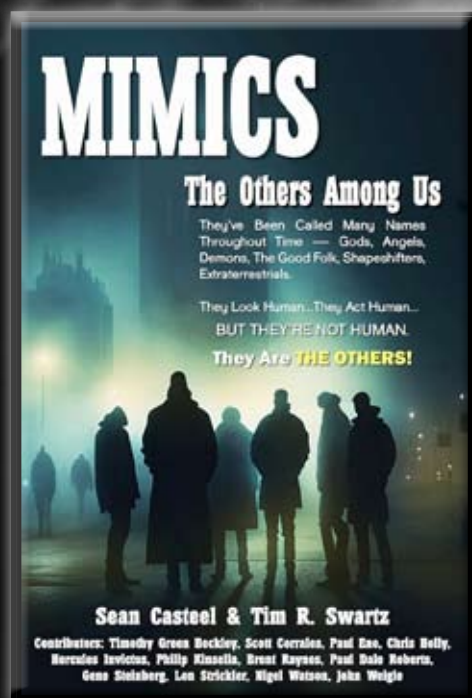
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TWILIGHT WHISPERS & COSMIC VISITORS

By Willie Windwalker Gibson

I have written before on my experiences with UFOs and aliens. From the age of 10 years old I have been visited by various aliens.

In 1965, I was playing in the backyard alone, when I saw a star in the sky. I thought that to be strange as it was daylight, around 4 p.m. As I stood there watching the star, it grew bigger and came closer.

Finally, it was over head. It was now round, silverish, and had lights under it. There was a flash of light, and then it was dark. The object was gone.

I went into the house to find my parents in a frenzy. My father yelled at me, saying they were trying to find me for hours. They even went looking for me in the neighborhood. I didn't know what to tell him, other than I went on a walk and lost track of time.

I looked at the clock, and it read 9 p.m. I had been gone four hours. My father told me to go to my room without supper. So, I went to my room and shut the door. I was laying on my bed staring at the ceiling, when I heard a voice say, "Don't worry, Willie. It will be OK."

That was my first experience with a UFO. Since then, there have been other UFOs and alien contacts.

One incident, in particular, comes to mind. It was 1995, and I had gotten married a few years before to



my wife, Schmon. She and I were in our bedroom watching TV; it was about 10 p.m.

We both started getting sleepy, and I decided to turn off the TV for the night. As we lay there, we started to hear a hum, like a bunch of bees but louder. We sat up in bed, and we could see a shimmering glow in the room.

As we watched, three little beings appeared. As they walked toward us, the next thing we knew ... it was morning and the alarm clock was going off. It was 7 a.m. Schmon looked at me and said, "Where did they go? I told her that I didn't know. We got up and searched the house. But we found nothing.

Schmon started the morning coffee, and I turned on the morning news in the living room. A story came on of people seeing lights in the sky in the area where we lived. Schmon said that at least we knew that what we had seen the night before was real.

We didn't mention the encounter again until years later when I became a MUFON abductee counselor. I would meet once a month with 30 or so people at the public library to hear stories from other contactees.

If you have a story to tell, please find someone who will listen to you. You will see that it will be a freeing experience for you. ♦



Chuck Gotski
The Innervoicehealer

Healing the True Connection from Within

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